

## ALABAMA

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### **420-5-10-.12 Dietary Services.**

(6) Frequency of meals.

(a) Each resident receives and the facility provides at least three meals daily, at regular times comparable to normal mealtimes in the community.

(b) There must be no more than 14 hours between a substantial evening meal and breakfast the following day, except as provided in (d) below.

(c) The facility must offer snacks at bedtime daily.

(d) When a nourishing snack is provided at bedtime, up to 16 hours may elapse between a substantial evening meal and breakfast the following day if a resident group agrees to this meal span, and a nourishing snack is served.

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**Statutory Authority:** *Code of Alabama, 1975, 22-21-20, et seq.*

**History: Original rules filed:** July 19, 1996; effective August 23, 1996 **Amended:** April 20, 2005, effective May 25, 2005.